

Books, Articles, and Resources for Mindfulness and Children

Italics means a book. Google the title of articles to get them.

Mindful Schools

- How to Avoid A Poorly Designed School Mindfulness Program
- *The Mindful School: Transforming School Culture through Mindfulness and Compassion*, Eds. Jennings, DeMauro, & Mischenko
- *The Mindful Education Workbook*, Daniel Rechtschaffen
- *Meditation in Schools: Calmer Classrooms*, edited by Clive and Jane Erricker
- *Schools with Spirit: Nurturing the Inner Lives of Children and Teachers*, Linda Lantieri
- *The 5 Dimensions of Engaged Teaching: A Practical Guide for Educators* by Laura Weaver and Mark Wilding
- *Teaching Meditation to Children*, David Fontana and Ingrid Slack

Mindful teachers

- *Happy Teachers Change the World: A Guide for Cultivating Mindfulness in Education*, by Thich Nhat Hanh and Katherine Weare.
- *Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom*, Patricia Jennings
- *The Mindful Teacher*, Elizabeth MacDonald & Dennis Shirley
- *The Mindful School Leader: Practices to Transform Your Leadership and School*, Valerie Brown & Kirsten Olson
- *The Trauma-Sensitive Classroom: Building Resilience with Compassionate Teaching* by Patricia Jennings
- *The Courage to Teach: Exploring the Inner Landscape of a Teacher's Life*, Parker Palmer
- Seven Ways Mindfulness Can Help Teachers
- When Teachers Take A Breath, Students Can Bloom
- Cultivating Mindfulness for Educators Using Resources From The New York Times
- When Teachers Get Mindfulness Training, Students Win

Mindfulness with children

- *The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate*, Susan Kaiser Greenland
- *10 Mindful Minutes*, Goldie Hawn (has many specific practices)
- *Child's Mind: Mindfulness Practices to Help Our Children Be More Focused, Calm, and Relaxed*, Christopher Willard
- *A Still Quiet Place*, Amy Saltzman
- *Trauma-Proofing Your Kids* and *Trauma Through A Child's Eyes*, Peter Levine and Maggie Kline
- *Teaching Mindfulness Skills to Kids and Teens*, Chris Willard and Amy Saltzman
- *Wide Awake: A Buddhist Guide for Teens*
- *The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal With Stress (Instant Help)*, Gina M. Biegel

National organizations and networks

(some have their own recommendations for books and other resources including videos)

- Mindful Schools (www.mindfulschools.org)
Resources, research, guided meditations, blog, books, videos, and more
- Mindful Teachers (<http://www.mindfulteachers.org/>)
Start here page, blog, mindfulness resources, self-care resources, and more

- Mindfulness in Education Network (www.mindful.org)

Programs

- Michigan Collaborative for Mindful Education: This page describes 6 well-known programs. (<http://www.mc4me.org/mindfulness-curricula.html>)
- Learning to Breathe: (<https://learning2breathe.org>)
- MindUp: (<https://mindup.org>)
- Mindfulness in Schools Project: (<https://mindfulnessinschools.org>)
- The Center for Healthy Minds (<https://centerhealthyminds.org/>)
The Kindness Curriculum for Preschoolers (free) and much more.

Social and Emotional Intelligence (SEL)

- *Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children*
- Collaborative for Academic, Social, and Emotional Learning: www.casel.org
- Can Emotional Intelligence Be Taught?
- 13 Powerful SEL Activities
- How Social-Emotional Skills Can Fit into School Curricula
- SEL-and-Bullying-Prevention

Children's books:

With many different exercises

- *Calm - Mindfulness For Kids* by Wynne Kinder
- *Sitting Still Like a Frog: Mindfulness Exercises for Kids* by Eline Snel and Myla Kabat-Zinn
- *Mindful Movements: Ten Exercises for Well-Being*, Thich Nhat Hanh (DVD)
- *Planting Seeds: Practicing Mindfulness with Children* by Thich Nhat Hanh and Chan Chau Nghiem, 248 pages (CD)

Traditional children's book format

- *A Boy and a Bear, the Children's Relaxation Book* by L. Lite
- *A Moment in Time* by Jennifer Butenas
- *A Quiet Place* by Douglas Wood
- *Ahn's Anger* by Gail Silver and Christianne Kromer
- *Charlotte and the Quiet Place* by Deborah Sosin and Sara Woolley
- *Everybody Needs A Rock* by Byrd Baylor
- *I Am Peace* by Susan Verde
- *Peaceful Piggy Meditation* by Kerry Lee Maclean
- *The Other Way to Listen* by Byrd Baylor
- *The Three Questions* by J. Muth
- *You are Not Your Thoughts* by Brian Despard
- *Your Fantastic Elastic Brain* by JoAnn Deak Ph.D. and Sarah Ackerley

For Parents

- *Everyday Blessings: The Inner Work of Mindful Parenting* by Myla Kabat-Zinn and Jon Kabat-Zinn
- *Parenting From the Inside Out* by Dan Siegel

You can find much more information on the web by Googling “teaching mindfulness children” “early childhood mindfulness” “mindfulness for early childhood” etc. With the same descriptors you can see You Tube Video.

Videos

You can access these videos by typing the title into Google or You Tube

Inner Resilience Program Chatsworth Elementary School (5:21)

Children, parents, and teachers talking about the program

Selling SEL: An Interview with Daniel Goleman (5:47)

Research on SEL programs

- prosocial behaviors went up about 10 percentile points
- antisocial behaviors went up about 10 percentile points

Meditation Helps Lower Truancy (6:33)

- Story of Visitation Valley Middle School
- Before: A Struggling inner city school
 - Principals talks about the consequences of stress on kids
- After: One of the changes was the introduction of mindfulness in 2007

Mindful Schools News Clip ABC (4:25)

- The Mindful Schools organization brought mindfulness training to the school
- Teachers and students talk about the effectiveness of the program
- Some footage of mindful exercises

Inner Kids Video (5:02)

- Susan Kaiser Greenland, author of *The Mindful Child*, brought mindfulness to schools in Los Angeles, including inner city. Susan talks about mindfulness and its impact
- Actual mindfulness exercises: starfish, teddy bear, mountain pose, eating chocolate mindfully, walking meditation

Mindfulness in Schools: Mindfulness and the Brain for Children, I

Dr. Diane Gehart and David Siegel introduce elementary students to mindfulness and describe in child-friendly language how it helps the brain.

"Just Breathe" by Julie Bayer Salzman & Josh Salzman (Wavecrest Films)

"The inspiration for "Just Breathe" first came when I overheard my 5-year-old son talking with his friend about how emotions affect different regions of the brain, and how to calm down by taking deep breaths — all things they were learning in Kindergarten.

Powerful Video about Mindfulness in Schools

High school students reflect on how a for-credit mindfulness class has changed their lives. Their heartfelt stories are incredibly moving. Peace in Schools offers mindfulness education for students and mindfulness trainings for educators in Portland, Oregon.

"Room to Breathe" - Transforming a Public School Community

Faced with behavioral and learning challenges, a San Francisco middle school decided to try something new: mindfulness meditation. This is their story. "Room to Breathe" was directed by Russell Long for PBS World Channel in 2013.

Mindfulness In Schools - BBC World News

8 Inspirational Mindfulness TED Talks for Teachers, Parents, Students

Mindfulness in Schools, Richard Burnett

All It Takes Is 10 Mindful Minutes, Andy Puddicombe

The Art of Stillness, Pico Iyer

The Practice of Mindfulness, Diana Winston

The Mindful Way Through Depression, Zindel Segal

Mindfulness and Healing, Shannon Paige

How Mindfulness Meditation Redefines Pain, Happiness, and Satisfaction, Dr. Kasim Al-Mashat

Teaching the ABCs of Attention, Balance and Compassion: Susan Kaiser Greenland

